

# Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

JANUARY 19, 2007

Tops from Asian countries, such as Japan and Malaysia, are displayed at the East-West Center Gallery.



## Gallery presents a ‘Whimsical World’ of Asian toys

Story and Photos by  
**Christine Cabalo**

Photojournalist

Before video games and electronics, Asian boys and girls played with simple toys – some of which are featured at the East-West Center Gallery’s newest exhibit. Through Feb. 16, the gallery will showcase “Whimsical World: Toys Across Asia,” a display of more than 300 traditional Asian toys.

Organized by Michael Schuster, curator of the gallery, the exhibit displays games, puppets, figurines, and other moving toys such as spinning tops. Asian countries from Pakistan to Malaysia are represented by toys that are traditionally handmade or use materials commonly found in their country of origin.

A backgammon table, featured among the toys, is constructed from abundant ivory and marble – resources in India. Games displayed in the exhibit exercise the player’s physical and mental skills – such as Japanese badminton rackets called “hagoita” and the Filipino strategy shell game, “sungka.”

A video presentation in the gallery shows Schuster demonstrating how to play with some of the exhibited toys.

John Lewis, media relations specialist for the gallery, said the toys reflect a

common bond between children across borders.

“All cultures have dolls,” said Lewis. “Each culture just depicts them in a slightly different manner. American children play with dolls and so do children from India.

“On the mainland, I played with tops when I was younger. Children in China play with tops too.”

Lewis said toys have a practical use other than recreation, as children use toys to gain motor skills and learn about society. Children can get frustrated in an adult world, he said, and objects such as miniature figurines bring the outside world to them, so it’s not so frightening. The media specialist said the toys remain special, even to adult visitors.

“For adults, it’s more than just remembering they used to play with these toys,” said Lewis. “Seeing the toys takes you back to what seems to be a simpler time, though it might not have actually been easy as a child. Adults get nostalgic and have a good feeling after seeing the exhibit.”

According to Lewis, visitors don’t need any special accessories to enjoy the toys, which are powered by their imaginations and not electricity.

“We’re here and accessible to the entire community, not just to academics,” said Lewis. “Michael Schuster has a

way of having exhibits that appeal on different levels. The academic can come and study the fine details of a toy’s craftsmanship, but a child can be amazed at the display as a whole.”

The gallery is located at 1601 East-West Road near John A. Burns Hall on the University of Hawaii at Manoa campus. Admission is free. Gallery hours are from 8 a.m. to 5 p.m. during the week and from noon to 4 p.m. Sundays. The gallery is closed Saturday and during federal holidays. Visitor parking is available on campus for \$3 during the week and is usually free Sundays.

For general information about the gallery, call 944-7177.

### Tops From Around the World

Sunday at 2 p.m. Diane Perushek, university librarian, University of Hawaii at Manoa, will speak about her collection of traditional tops made from different materials.

### Simple Filipino Games

Jan. 28 at 2 p.m. visitors will be taught how to play Filipino games such as sungka, a traditional shell game and sipa, the national sport of the Philippines.



Mun Lai (left), visitor to the gallery, points out a large top to Carolyn Eguchi, program officer, East-West Center Gallery. The wooden top from Taipei has a metal tip and weighs approximately 20 pounds. More than 300 Asian toys are on display at the East-West Center Gallery.



A fabric eagle kite from China hangs as one of the many flying toys on display at the East-West Center Gallery. Traditional Chinese kites were hand painted on silk and bamboo in the shape of birds, dragons, and other flying creatures. According to John Lewis, media relations specialist for the gallery, kites are used for recreation and decoration in many Asian households.



John Lewis, media relations specialist, East-West Center Gallery, stands next to a late 20th century paper kite from Japan at the “Whimsical World: Toys Across Asia” exhibit. Lewis said of the 400 objects donated to the gallery, his favorite, an older kamizumo set of paper Japanese sumo wrestlers, is not on display.



MCCS Briefs

www.mccshawaii.com

Kahuna’s Recreation Center

254-7660/7661

Ongoing

**Monday Trivia Night.** Play against other Sports Bar & Grills from around the world!

**Monday and Tuesday.** Swing and salsa Lessons are offered.

**Wednesday is Country Night.** Listen to your favorite Country hits with DJ Stan. Bull Riding is also available.

**Thursday is Cheap Night Out** and 25-cent wings (dine-in only) are offered in addition to free karaoke.

**Pau Hana Friday.** Pupus, 6 p.m. Live Bands at 10:00 p.m.

**Saturday** Kahuna’s hosts a DJ dance party.

Staff NCO Club

254-5481

**Fairways to Go** is offered seven days a week from 8 a.m. to 6:30 p.m.  
Call 254-5592 to place an order.

The Officers’ Club

254-7650

**Every Wednesday is Member Appreciation Night** from 5 to 7 p.m. Show your membership card for half-priced burgers.  
Full prices return after 7 p.m.

**Mongolian Barbecue** is offered Wednesdays and Fridays at 5:30 p.m. in the Lanai Ballroom. Present your card for member discount. Reservations are recommended.

**The Officers’ Club** converted to a members-only facility Jan. 1. All eligible active duty personnel, retirees, government service and non-appropriated funded employees must present membership card to patronize the Club.

Visit [www.mccshawaii.com/officer.htm](http://www.mccshawaii.com/officer.htm) to become a member, or call 254-7650 for more information.

All Hands

**A furniture sale** is happening at the Exchange Annex today through Jan. 29.  
Call 254-7616 for more information.

**LINKS is a great way for spouses to network** and learn about the military way of life. This month’s theme is “Blast from the Past.” Classes are held Tuesday and Wednesday from 5:30 p.m. to 7 p.m. in Building 5082.  
Call 257-2368 for more information.

**The Transition Assistance Program Seminar** will be held Monday through Thursday and is open to all hands who are within one year of separation date.  
Call 257-7790 for more information.

**The Single Marine & Sailor Program** is looking for volunteers to assist with the Pro Bowl halftime show. Volunteers should be available Feb. 5 to 10 and will be given lunch and a letter of appreciation for their services.  
Call 254-7593 for more information.

**Parenting Proudly classes** will be held Monday through Feb. 26. These classes are open to all military service members and spouses.  
These classes teach a variety of parenting skills including disciplining techniques, communication skills, and building character and self-esteem.  
Call 257-8803 for more information.

**A Personnel Sponsorship Program** will be held Wednesday and is mandatory for all outbound Marines.  
This program is open to all interested outbound active duty personnel and their spouses.  
Call 257-7790 for more information.

Community events:

Hawaii Theatre continues Hana Hou series Jan. 26

The Hawaii Theatre Center continues its Hana Hou! Hawaiian Music Series with “Hawaii’s Songbird: A Lena Machado Tribute,” featuring Holunape Jan. 26 at 8 p.m.  
Tickets for the concert are \$33 each at the Hawaii Theatre Box Office, 1130 Bethel Street, 528-0506 or [www.hawaiiitheatre.com](http://www.hawaiiitheatre.com).  
Holunape won two presti-

gious Na Hoku Hanohano Awards in 2006 for “Group of the Year” and “Best Use of Hawaiian Language.” One of the most prolific bands today, the trio is comprised of Kama Hopkins, Kekoa Kaluhiwa and Kanai’a Nakamura. They have committed themselves to careful perpetuation of the Hawaiian language and are devoted to the playing of traditional and con-

temporary Hawaiian music.  
Machado (1903-1974) is in the Hawaiian Music Hall of Fame. She was a composer, entertainer and acclaimed singer whose Hawaiian-style soprano-falsetto performances dominated in the “Golden Age of Hawaiian Music” in the 30’s and 40’s. Her radio show during World War II was beamed around the world to American

troops. Among her best known compositions are “E Ku’u Baby,” “Holo Wa’apa” and “Ei Nei.”  
The concert, produced by Burton White, is presented with support from the City and County of Honolulu, ResortQuest at the Executive Centre, Hawaiian Springs, Hawaii Tourism Authority and the State Foundation on Culture and the Arts.

Feng Shui workshops Jan. 27:

“Getting Rich and Staying Safe in the Fire Boar Year”

Peter Lung of The World of Feng Shui presents the Feng Shui Outlook for 2007, “Getting Rich and Staying Safe in the Fire Boar Year,” Jan. 27.  
The two sessions, from 9 am to noon or 1 to 4 p.m., will be held in the Frear Cafeteria at the Rehabilitation Hospital of the Pacific.  
REHAB is the beneficiary of the event, with all proceeds from the sale of \$45 tickets donated.

Reservations may be made by calling 739-8288.

Feng Shui dates from the Jin Dynasty in the third century. Translated as “wind and water,” it is the Chinese discipline of “placement and arrangement of space to achieve harmony with the environment.”  
This harmony is achieved through the use of color; types of materials used in the home, office or garden, and the positioning of items or the directional placement of such features

as doors, windows, and mirrors.  
“This is the third year in a row that proceeds from this workshop have benefited REHAB and we are grateful to all participants, as well as Peter Lung for lending his expertise and support to our hospital,” said Ko Miyataki, president of the REHAB Foundation.  
“We are happy to support REHAB Hospital because it helps people of all ages and walks of life,” said Joanie Lung.

Waikiki Aquarium invites couples to take the plunge into the sea of love with its annual Seaduction Valentine’s Day dinner

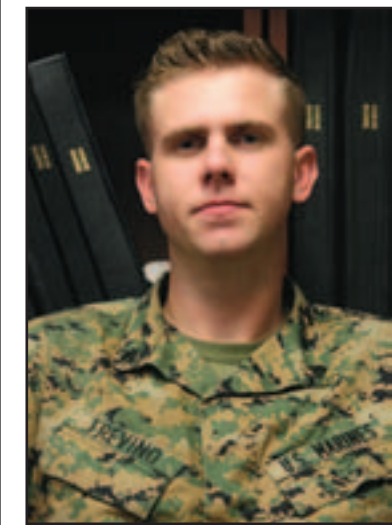
Are you looking for a unique yet romantic way to spend your Valentine's Day? The Waikiki Aquarium will once again present Seaduction, an exclusive candlelit Valentine's Day dinner in the galleries for just 36 couples. The romantic dinner will feature champagne, a three-course dinner with wine catered by Matters of Taste, a commemorative photo, a single rose for all the ladies and valet parking.  
Designed by Matters of Taste, the Valentine's Day dinner menu will feature fresh salad with roasted pears, candied pistachios and Roquefort cheese; a choice of filet of beef with roasted baby carrots and oporto sauce and grilled opah with risotto cake stuffed with stewed tomatoes and saffron

mousse, or grilled Portobello mushroom with ginger polenta onion marmalade and truffle jus; and flourless chocolate cake with macerated berries and chantilly crème.  
Guests will also enjoy appetizers of crepe roulade with Dungeness crab and avocado and canapé of grilled tomatoes with saffron aioli. In addition, they will have their choice of beer or wine with dinner.  
Private candlelit tables for two will be set up throughout the galleries next to such enchanting and exciting exhibits as Ocean Drifters, Hunters of the Reef, leafy seadragons, Hawaiian Marine Communities and The Jet Set. Couples can book specific tables on a first-come, first-serve basis

when making their reservations.  
Seaduction will take place Feb. 14. An additional night – Feb. 13 – may be added based on demand. Doors will open at 6:30 p.m. and dinner will be served at 7 p.m.  
The cost is \$300 per couple, inclusive, with all proceeds benefiting the Waikiki Aquarium's future Northwestern Hawaiian Islands exhibit. Reserved valet parking will be provided.  
Call the Waikiki Aquarium at 923-9741, ext. 3 for reservations.  
Founded in 1904, the Waikiki Aquarium is the third oldest public aquarium in the United States. A part of the University of Hawaii since 1919, it is located next to a living reef on the Waikiki shoreline. Exhibits, programs and

research focus on the aquatic life of Hawaii and the tropical Pacific with roughly 350,000 people visiting the Aquarium each year. The more than 2,500 organisms on exhibit represent the more than 420 species of aquatic animals and plants.  
The Waikiki Aquarium is open daily from 9 a.m. to 4:30 p.m. except Christmas Day. Admission is \$9 for visitors; \$6 for local residents, active duty military with ID, students with ID and seniors; \$4 for youths ages 13-17 and persons with disabilities; \$2 for juniors ages 5 to 12; and free for children 4 and younger and Friends of Waikiki Aquarium members.  
Call 923-9741 or visit online at [www.waquarium.org](http://www.waquarium.org) for more information about the aquarium.

Movie review: ‘Requiem for a Dream’



Cpl. Ryan Trevino  
Community Relations Chief

*Editors note: Each week Hawaii Marine’s own film critic LCpl. Ryan Trevino will provide readers with in-depth reviews and unbiased ratings of a film currently in theaters or one of the many classics of yesterday. The rating system requires some explanation before you get started. If the film being reviewed is currently available for rent or purchase it will be assigned a certain number of “microwaves” on a scale of one to four to rate its “reheat factor.” If the film being reviewed is in theaters, it will be assigned a certain number of service stripes on a scale from one to four. In other words, the more microwaves or service stripes the*

*film receives, the better and more entertaining it is to watch.*

**Reheat score: 4 out of 4 microwaves**



Darren Aronofsky’s sophomore work “Requiem for a Dream” (2000) is the kind of film that grabs the darkest side of you and locks on with the power of a pit bull’s jaw, not letting go until the lesson being taught is learned.  
Requiem, adapted from a novel by Hubert Selby Jr., is a story of addiction and the distance each of its characters are willing to go to get that next fix. Starring Jared Leto (“Girl, Interrupted”), Jennifer Connelly (“House of Sand and Fog”), Ellen Burnstyn (“How to Make an American Quilt”), and Marlon Wayans (“Mo’ Money”).  
The movie overwhelms the viewer’s senses with the unique artistic and visual style of Aronofsky (“Pi, The Fountain”).  
Aronofsky’s trademark style allows us to not only see the cataclysmic effects a drug addiction has on its users and those around him or her, but also takes us right into the

syringe as it enters the vein.  
The drug – usage scenes “Requiem” speed up or slow down in frames, depending upon which drug is being abused.  
The story centers around an inner city 20-something named Harry (Leto).  
Harry is knee-deep in a nasty heroin addiction, which causes him to hurt those closest to him. His mother, brilliantly played by the veteran Burnstyn, is also battling a serious addiction.  
Television is her drug of choice in the beginning but eventually graduates to diet pills. She’s so caught up in these addictions she ignores the truth that Harry, her only son, is caught up in the underground world of a drug-culture that has swept through the city.  
Both of these characters have dreams and inspirations, which they use as a focal point throughout the film to forget about the addictions that control their lives.  
As they attempt to reach these goals, the drugs ultimately pull them down into the depths, leaving them stuck at a standstill that won’t change unless they do.  
Burnstyn’s character has the goal of losing 30 pounds so she

can look good as a contestant on her favorite game show.  
Little does she know that the diet pills prescribed to her by a doctor can be just as dangerous as the heroin that is controlling her son.  
Meanwhile, Harry and friend Tyrone (Wayans) are looking to earn enough money through drug-trade to satisfy their financial needs.  
Obviously, two junkies can’t sell heroin to other junkies. It just doesn’t work that way, so their plan is foiled from the very start.  
Harry dreams of marrying girlfriend Marion (Connelly) and providing the startup funds for her fashion design company. Marion, also an addict, is a wholesome girl in the beginning, but eventually turns to prostitution to feed her addiction.  
This is a great movie to see to better understand the drug culture and the people who live it on a daily basis.  
It gives us a glimpse into the true horrors that could come of us if that route in life was ever chosen.  
If you haven’t seen this film, then you probably don’t have a sense of what a good movie is or just haven’t ever heard of it.  
Either way, this is one to add to the collection.

MOVIE TIME

**Prices:** Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.  
For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets.  
Call 254-7642 for recorded information.  
**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.  
In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.  
The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Unaccompanied Minors (PG))  
The Nativity Story (PG)  
déjà vu (PG13)  
Casino Royale (PG13)  
Unaccompanied Minors (PG)  
The Nativity Story (PG)  
déjà vu (PG13)  
No showing  
The Nativity Story (PG)

Today at 7:15 p.m.  
Today at 9:45 p.m.  
Saturday at 6:30 p.m.  
Saturday at 9:45 p.m.  
Sunday at 2:00 p.m.  
Sunday at 6:30 p.m.  
Wednesday at 6:30 p.m.  
Friday at 7:15 p.m.  
Friday at 9:45 p.m.



# How strong family support helps during deployment

**Barbara A. Eastom-Bates**  
*LIFELines*

Think family support groups offer nothing more than social functions? Think again!

Family support groups provide communication, encouragement, and support for spouses and family members during times of deployment. Along with ombudsmen, they are a vital link in the chain of command.

While family support groups serve spouses at the family level, ombudsmen function as the liaison between these groups and the command, providing official information, rumor control, and any necessary assistance.

Angela Cabrera, family ombudsman at National Naval Medical Center, Bethesda, Md., said, "We are the official conduits by which family members can get official command information. We are also a means of support to the family members." Together, family support groups and ombudsmen form a spouse's best line of defense against deployment blues.

When Barbara Kelly's husband set sail on a ship forward deployed to a hostile region, the young wife from Virginia Beach, Va., remembers she "nearly fell apart." Kelly was a newlywed who, only months prior, had moved from the opposite

coast to join her new husband, Jason, a Navy lieutenant. As they prepared for his departure, she was bolstered by the encouragement and reassurance of her spouse. But, then she stood without him, watching his ship disappear into the distant ocean. She remembers, "I had never felt so isolated and alone in my entire life."

Deployments are never easy. But without a strong support network, they can be overwhelming — and it isn't difficult only on the spouse left at home.

Kelly remarks, "The hardest part of the deployment for me was reading Barbara's letters and knowing she was struggling to cope, and there was nothing I could do about it. It made it very difficult for me to concentrate on doing my job."

To successfully perform on a deployment, Sailors must have the peace of mind to know their spouses and families are cared for and have good support available to them should needs arise.

A strong family support group is just what the command ordered.

The Web site of the La Maddalena, Italy, Fleet and Family Support Center notes, "Ombudsmen can give you information on services, upcoming events or help with a crisis if you are unable to resolve the crisis within your

own capabilities or resources. Ombudsmen reach out to individual families with friendship, information, problem solving and a helping hand."

While family support is especially vital during deployments the most productive groups are active all year long.

Michelle Wright, a retired family support group volunteer from Millington, Tenn., suggests support group leaders take the time to establish relationships with spouses before deployments by encouraging participation in any family-day activities, fundraisers, events, and social functions.

After her first deployment experience, Barbara Kelly sought out her family support group and found it made a world of difference the next time her husband headed out to sea. "Deployments never seem to get easier," she acknowledged, "but having a common bond with other spouses who are dealing with the same things you are somehow seems to make it more manageable. When we get together for group functions, it makes the time go by much faster, and it makes me feel good to know I'm actually accomplishing useful things while he is away, instead of just sitting here waiting for his return. In my own way, I'm making a difference, too."

# Take the stress out of buying a car

**Lissa Ann Wohltmann**  
*LIFELines*

Selling cars solely to Sailors is as old as marketing baby products to housewives. Car dealers in Norfolk, Va., for example, don't target the military exclusively, but since it is a huge Navy town, it's just too good to pass up for many new or used car stores. A few of these dealerships aren't quite as scrupulous as your commanding officer, so it's a good idea to do your homework before making such a significant purchase. You can avoid mistakes by reading and learning from the experts.

Vanessa Tantu, from USAA, is one expert with a plethora of financial car-buying experience.

"It's really important to shop around for a good finance rate," she said. If your rates are too high, then most of your monthly payment will go toward the interest and not toward the principal, she added.

Before even looking at financing a car, know your credit report. The three most reputable credit agencies are: Experian, Equifax and TransUnion. A good credit rating is at least a 650, Tantu said.

Once you know how much you can afford, then it's time to shop for the car of your dreams, or at least the next best thing. Initially, you can find what you want online. Web sites, such as autobytel.com, cars.com, carsdirect.com and edmunds.com, give all types of information including the genuine selling prices of cars, as

well as rebates and incentives.

Of course you can negotiate prices on many of the cars when you visit a brick and mortar dealership. For those who truly dislike that part of the car-buying experience, you can have that done for free, once you become a USAA member, Tantu explained.

The price of some cars, though, cannot be negotiated. These cars are usually the ones that are snatched up immediately or have a waiting list. The Mini Cooper, for example, usually sells at sticker price. Hybrids like the Toyota Prius and Honda Insight have been known to be regularly priced higher than their sticker prices because they are very economical and considered "green" by environmentalists.

One main aspect of buying a car is to know how much the entire car package costs.

"Don't give a payment figure," Jerry, an independent car salesperson recommended. "If you do, you've just given the dealer a license to steal."

Anytime you add something on a car, it is important to find out what you are paying. Some dealers will try and sell disability insurance, credit life or other types of insurance with the car and give a monthly price that sounds good. However, if you add it all up and include any fees or interest rates, the price of the insurance package could be enormous.

Basically, buying a call all boils down to doing your homework. In this information age, you can get a lot of car buying tips online.

## LIBERTY BUS SCHEDULE

The following is the schedule for Marine Corps Base Hawaii's Liberty Bus, which makes trips from MCB Hawaii, Kaneohe Bay, to Waikiki and back every Friday and Saturday. This shuttle service is free and offered to active duty service members only with ID.

Pickup	Drop Off	Pickup Times
Marine Corps Exchange and Enlisted Club	Hale Koa Hotel parking structure*	6:35 p.m. 9:25 p.m. 01:25 a.m.
Pickup	Drop Off	Pickup Times
Hale Koa Hotel	Marine Corps Exchange Annex and Enlisted Club	7:50 p.m. Midnight 03:00 a.m.

\*The pickup location in Waikiki is located across the street from the Hale Koa Hotel near the vehicle entrance to the parking structure.

## MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

AUTOS	washer/dryer \$50 or best offer. Call 254-9363.	Marine, on a space- available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.
1999 Jeep Grand Cherokee 4-wheel drive and 1999 Honda Accord Ex. Looking for someone to take over payments. Call 254-1268 or 203-8015.	YARD SALES	The deadline for submitting ads to the Hawaii Marine is 4 p.m. the Friday of the week prior to publication.
MISC.	Multi-family yard sale Saturday and Sunday at 1971 B. Hanson Circle on base. Weight set, stackable washer/dryer, lawn mower, weedeater, baby items, and much more available.	Makepono may be used only for noncommercial classified ads containing items of personal property.
Lawn mower with grass collector \$50, 33 18x18 patio stones \$50 for all, round kitchen table and chairs \$40 for all, Little Tikes slides \$140, Kids wooden table with two wooden chairs and two plastic chairs \$15 for all, side by side	Ads are accepted from active duty adn retired military personnel, their family members and MCB Hawaii civil service employees.	Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216 aboard Marine Corps Base, Kaneohe Bay.
	Ads are free and will appear in two issues of Hawaii	

## ON THE MENU

### AT ANDERSON HALL

<b>Friday</b> <i>Lunch</i> Pepper steak Southern fried catfish Rice pilaf Potatoes au gratin Glazed carrots Simmered black-eyed peas Cream gravy Lemon chiffon pie Chocolate chip cookies Marble cake w/chocolate frosting Vanilla/chocolate cream pudding Lime/raspberry gelatin <i>Specialty bar: Deli</i>	<b>Monday</b> <i>Lunch</i> Meat loaf Pork ham roast Tossed green rice Mashed potatoes Peas & mushrooms French fried cauliflower Brown gravy Boston cream pie Peanut butter cookies Peanut butter cake w/peanut butter cream frosting Vanilla/chocolate cream pudding Lime/raspberry gelatin <i>Specialty bar: Pasta</i>	Strawberry shortcake Vanilla/chocolate cream pudding Cherry/strawberry parfait Desserts: same as lunch
<i>Dinner</i> Roast turkey Beef pot pie Mashed potatoes Buttered egg noodles Calico corn Simmered broccoli Savory bread dressing Turkey gravy Cranberry sauce Desserts: Same as lunch	<i>Dinner</i> Beef Brogul Baked Cajun Salmon Steaks Potatoes O'brian Noodles Jefferson Club Spinach Mixed Vegetables Brown Gravy Desserts: same as lunch	<b>Wednesday</b> <i>Lunch</i> Five spice chicken Beef yakisoba Pork fried rice Vegetable stir fry Corn O'brien Banana cream pie Oatmeal chocolate chip cookies Carrot cake w/cream cheese frosting Vanilla/chocolate cream pudding Lime/raspberry gelatin <i>Specialty bar: Hot dog &amp; sausage</i>
<b>Saturday</b> <i>Dinner</i> Baked lasagna Chicken parmesan Spaghetti noodles Marinara sauce Italian mixed vegetables Simmered peas & carrots Garlic bread Cherry pie Ginger molasses cookies Spice cake w/butter cream frosting Vanilla/chocolate cream pudding Strawberry/lemon gelatin	<b>Tuesday</b> <i>Lunch</i> Simmered corned beef w/apple glaze Honey glazed cornish hens Parsley buttered potatoes Rice pilaf Fried cabbage w/bacon Simmered carrots Chicken gravy Mustard sauce Blueberry pie Oatmeal cookies Strawberry shortcake Vanilla cream pudding Chocolate cream pudding Cherry parfait Strawberry parfait <i>Specialty bar: Taco</i>	<i>Dinner</i> Steak smothered w/onions Southern fried catfish Mashed potatoes Baked macaroni and cheese Southern style green beans Fried okra Brown gravy Desserts same as lunch
<b>Sunday</b> <i>Dinner</i> Barbeque beef cubes Baked turkey and noodles Steamed rice Creole green beans Simmered cabbage Chicken gravy Sweet potato pie Chocolate chip cookies Yellow cake w/chocolate chip frosting Vanilla/chocolate cream pudding Cherry/orange gelatin	<i>Dinner</i> Baked tuna & noodles Sweet & sour pork Pork fried rice Steamed rice Simmered broccoli Simmered pinto beans Turkey gravy Chow mein noodles Blueberry pie Oatmeal cookies	<b>Thursday</b> <i>Lunch</i> Turkey a la king Beef stroganoff Mashed potatoes Boiled egg noodles Peas & carrots Simmered mixed vegetables Turkey gravy Peach pie Cheesecake w/blueberry topping Chewy nut bars White cake w/mocha cream frosting Vanilla/chocolate cream pudding Orange/strawberry gelatin <i>Specialty bar: Southern meal</i>
		<i>Dinner</i> Braised liver w/onions Honey ginger chicken Chili macaroni Grilled cheese sandwich Rice pilaf Boiled egg noodles Lyonnaise carrots Club spinach Chicken gravy Desserts same as lunch



# Commonsense protection for a wired society

**Sara Davis**  
*LIFELines*

Ever since Og found his dream cave, humans have come to depend on their homes as their castles. Home — where the evildoers, scam artists, and crooks of the world dared not enter. The castle — an impenetrable fortress that

provides respite from the realities of life in the big city. The Information Age has opened doors to greater knowledge and instant contact. With the telephone, the Internet, e-mail, and wireless devices, you can instantly communicate anywhere in the world. You can go shopping from the comfort of

your couch to all parts of the globe where you can spend your hard-earned money with a click of a mouse button. But the Information Age also provides a high-speed avenue right through the fortress that once was Og's castle. Telephones and the Internet can't distinguish between good and evil, so the unwary are easy prey for the new breed of con artists, scammers, and identity thieves who use these tools as weapons and as keys to the castle. In their wake, these criminals leave a disastrous trail of financial ruin, legal problems, and heartbreak for the unsuspecting. Here are some tips, courtesy of the Federal Trade Commission, to help protect you and your family.

### Telephone Security

Scam artists are always just a phone call away. Typical scams include:

- Prize offers: You usually have to do something to get your "free" prize, such as attend a sales presentation, buy something, pay a "shipping fee," or give out a credit card number. The prizes are generally worthless or overpriced.
- Travel packages: The "free" or "low-cost" vacations actually contain expensive hidden costs, or are totally bogus.
- Vitamins and other health products: The rip-off artist entices you to pay hundreds of dollars for products that are worth very little. Research the company and brand before you buy.
- Get-rich-quick schemes: These promise high returns with little or no risk, and can include gemstones, "rare" or commemorative coins, oil and gas leases, precious metals, art, and other "investment opportunities." As a rule, these are worthless.
- Charity scams: Con artists label phony charities with names

that sound like better-known, reputable organizations. These groups often pose as police or fire associations and offer products for donations — but the products are worthless or never come.

### How to Protect Yourself

It's very difficult to get your money back if you've been cheated over the phone. Before you buy anything by telephone, remember:

- Don't buy from an unfamiliar company. Legitimate businesses understand that you want more information about their company and are happy to comply.
- Always ask for and wait until you receive written material about any offer or charity. If you get brochures about costly investments, ask someone whose financial advice you trust to review them.
- Always check out unfamiliar companies with your local consumer protection agency, Better Business Bureau, state Attorney General, the National Fraud Information Center, or other watchdog group.
- Always take your time making a decision. Legitimate companies won't pressure you to make a snap decision.
- Never respond to an offer you don't understand thoroughly.
- Never send money or give out your credit card number, bank account, or Social Security number to unfamiliar companies.

### Internet Security

The Internet is a dangerous place, both personally and financially. It provides a two-way pipeline into unknown millions of computers and people of all character traits. Caution is the key. Here are some tips from the National Fraud Information Center to identify Internet scams:

- Keep private information private. Be a smart surfer — don't disclose personal information unless you know who's collecting it, why, and how it's going to be used. And never disclose your password.
- Get to know online merchants. Be cautious of a company that claims to have a secret connection overseas or doesn't allow e-mail replies.
- Question out-of-this-world claims. Claims such as "You can earn over \$50,000 a month" or "Lose weight without dieting" suggest a scam. Be wary of any company that makes a product or performance claim that's unlikely — or just plain hard to believe.
- Make sure it's secure. If you buy something on the Internet and need to give your credit card number, verify the online security or encryption before you do business.
- Know who's who. Online, anyone can be anyone, anywhere. Because it's easy to fake e-mail addresses, know whom you're listening to or talking with before you give out personal information. When checking out a company online, also search for web sites that feature complaints about the company, to get a balanced view.
- Watch the .exe files. Secret programs may exist in files you download — especially executable files, whose names end in ".exe." These files could ruin your hard disk, hijack your modem, or collect information about you without your knowledge. Install a virus protection program before you go online.



Photo illustration by Lance Cpl. Karim Delgado

The Internet is a dangerous place, personally and financially. Be a smart surfer.

# Don't let your home be a target for burglars

**Kelley Harper**  
*LIFELines*

In the time it takes to make a pot of coffee, a home somewhere has been burglarized. Burglary is a serious crime, and all of us are vulnerable. Service members are no exception, especially considering the amount of time they must be away from home. The good news is that burglary is probably the most preventable crime. Some simple precautions make it harder for burglars and more likely that they'll pass you by, looking for an easier mark.

**Think Like a Burglar**

If you were a burglar, how would you enter your home? Determine where your home is unprotected. Start at the outside and work your way in.

**Seal the Outside**

Remember that doors and windows are primary entry

points, and follow these tips:

- Padlock all gates.
- Keep shrubs trimmed and thorny; overgrown bushes near entry points can conceal someone.
- Use window locks, but make sure you can get out in an emergency.
- Don't supply the tools. Keep ladders, lawn chairs, and tables away from windows.
- Don't hide your house keys under the doormat or in a flowerpot. Burglars know those tricks.
- Shovel snow, rake leaves, and mow the lawn. Hire a teenager if you don't have time.
- Park a car in the driveway and ask a neighbor to move it occasionally if you're not there.
- Let noisy pets make noise.
- If you own your home, consider unbreakable safety glass for windows.
- Place outdoor motion-activated floodlights out of reach to prevent tampering.

**Secure the Inside**

Here are some tips to make your home less vulnerable when you're away:

- Place lights on timers so that they come on at different times in two or three rooms.
- Set the radio to a talk station for noise and vibration.
- Don't change your answering machine announcement, and leave the ringer on low so that it can't be heard from outside.
- In rooms without valuables, keep some curtains open.
- Install an alarm system. You'll also likely get a discount on your home or renter's insurance. If you don't have a system, post a security sign in the yard anyway.
- Don't leave notes posted in or outside the house.
- Invest in a floor safe for expensive items.
- Create an inventory of personal possessions, including photographs and serial numbers.

**Safe Communities are a Team Effort**

People working together can protect the homes and families in your community, making it a safe place to live.

If you know you'll be away from home, hire a caretaker, but don't let too many people know. Notify the police — including military police if you live in base housing — if you will be gone longer than a week. Request a home check.

Keep your landlord, base housing management, or homeowners' association in the loop. Report burned out streetlights, unsafe corridors, or suspicious activity.

Join your local Neighborhood Watch. If one doesn't exist in your area, create one. Even apartment dwellers can have a watch.

Learn other ways to protect your home, family, and belongings with LIFELines' section on Health and Safety.

Remember that burglary is a crime that targets opportunity. Make sure your home is not marked with a bull's eye.



Photo illustration

# Save money while you grocery shop

**Valerie Grosz**  
*LIFELines*

Though grocery shopping is a constant in your routine and budget, the high expense does not have to be. With a little extra energy, you can save hundreds of dollars a year at the grocery store.

**Benefits of Coupon Cutting**

Cutting coupons that match the products you normally buy is guaranteed savings. Even better is when you can use the coupons in the commissary, or when you can use the coupons at civilian stores that acknowledge double coupons by subtracting double the coupon amount.

**Where to Find Coupons**

You can find most coupons in the Sunday paper. Cutting coupons takes roughly 15 minutes, and the savings are worth it. Coupons can also be obtained via the Internet. Smart Source offers coupons based on your family profile. After registering, you can print out the coupons and use them in any grocery store or

commissary. This site also has recipes to encourage cooking dinner instead of dining out.

Cool Savings does not cost either; however, you must complete an exhaustive personal survey before finding the printable coupons. This site also offers several types of savings, but be ready to be tempted by other promotional offers that do require a fee.

Several Web sites offer a coupon delivery service in which, after paying a membership fee, you can choose your own coupons and have them delivered for another fee.

Pennysaver is a unique site, free of charge, that tells you what products you can purchase at any grocery store in your area to earn "Web Bucks" — money coupons printed at the cash register that you can use for any items on subsequent shopping trips.

Be sure to read each Web sites privacy policy to find out what they do with any personal information you might provide.

To really benefit from coupon savings, a good idea is to add up your savings each month and pay your savings account that amount.



# Former drill instructor has big plans

**Cpl. Rick Nelson**  
*Combat Correspondent*

From having the picture-perfect life to living on the streets, one sergeant proved that when you adapt and overcome, it sometimes makes you a stronger person.

Sergeant Vernon L. Jarvis, squad leader, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, said he conquered many obstacles in his life, but said there are more to come.

“My life growing up was like a roller coaster,” said Jarvis. “I went from living the picture-perfect life, to being homeless, then back to being in the picture-perfect life. But I think if it weren’t for the stuff that happened to me while growing up, I wouldn’t be as strong of a person as I am today.

“I was in (Junior Reserve Officer Training Corps) when I was in high school and decided to join the Marines during my senior year,” the Mount Tabor High School, Winston-Salem, N.C. graduate said. “I really just wanted to move out of my parents’ house and be on my own. I chose the Marine Corps from all the other branches because my father was in the Army and always said stuff about the Army that wasn’t appealing, so I just wanted to be different.

“When my parents found out I was joining the Marines, they had different reactions. My father and I got into an argument about going to college instead of enlisting. He told me ‘Stay a kid as long as possible, because if you join the Marines, they’re going to make you a man for the rest of your life.’ I got upset and told my dad I already was a man. He said, ‘So be it. Join then.’ My mother, on the other hand, became emotional and cried because her 17-year-old son was going away.”

Jarvis left for recruit training at Marine Corps Recruit Depot, Parris Island, S.C., May 25, 1999, where he was placed in Platoon 2057, Fox Company, 2nd Battalion. Upon completion of recruit training, he checked into the School of Infantry August 1999.

“After SOI, I checked into India Company, 3/3, Oct. 18, 1999, where I served as an 0311 [rifleman] until 2003,” said Jarvis.

In April 2003, Jarvis, a 21-year-old at the time, completed drill instructor school and became a drill instructor at MCRD San Diego, Calif.

“I had two goals I wanted to achieve when I first joined the Corps and have achieved them both,” said the 25-year-old. “I wanted to be promoted to sergeant within my first enlistment and be a drill instructor. Since I’ve accomplished them both, I now have a new set of goals I want to achieve.”

After completing his tour as a drill instructor, Jarvis returned to 3/3 in September 2005, but as a squad leader for Lima Company where he deployed to Japan, Thailand, Australia, Saipan, Guam, and to Iraq in March 2006.

“Being an infantry squad leader is a tough job,” said the Marine Corps Martial Arts Program instructor-trainer. “For my job, we are always training the Marines and always have to look out for their well-being and make sure they’re ready for combat. Sometimes we’re expected to be the Marine’s big brother or even their baby-sitter – at times.”

Jarvis said being in a leadership position has made him mature, develop people skills, and learn to respect the job the Marines junior to him do.

“In my eyes, Jarvis is admired by all the Marines under him,” said 2nd Lt. Casey S. Alleman, platoon commander, 1st Platoon, Lima Company. “It was very obvious since the day I took over the platoon that the Marines respect him – but not only because he’s their squad leader, because they all look up to and strive to be like him.”

Alleman also said Jarvis is a great leader and has a lot of potential.

“In my opinion, a leader is only as good as his Marines make him,” Jarvis added. “As a leader, you should take charge as soon as you get new Marines and pass on every ounce of knowledge you have with

the hopes they will become better Marines than you are – because they have your knowledge as well as the option of being able to obtain more knowledge.”

Jarvis said he plans to continue his career in the Marines Corps, because his time enlisted has been

everything he’s wanted it to be so far.

“I have a lot more goals I want to achieve before my time in the Corps is up,” he added. “But one long-term goal I want is to someday be a sergeant major and lead Marines from the top.”

Jarvis can do whatever he puts his mind to, added 24-year-old Alleman.

“With his record he has the potential to do whatever he wants in the Marine Corps,” said the native of Chicago. “Recommendations for this Marine will be stellar and the sky’s the limit for him to go far.”



Sergeant Vernon L. Jarvis, squad leader, Lima Company, 3rd Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, joined the Marine Corps May 25, 1999. In addition to making several deployments, the native of Winston-Salem, N.C., has been a drill instructor and is currently a Marine Corps Martial Arts Program instructor-trainer.

Cpl. Rick Nelson





File photo

Above: Lance Corporal Brandon Stott, support equipment maintenance, Marine Corps Base Hawaii, touches up one of the doors at the homeless shelter. He also helped prepare and serve lunch while there.

Left: Marines from MCB Hawaii load up trays with food before serving it to the men and women at the homeless shelter.



File photo

# Chapel provides way to help homeless in community

**Cpl. Mark Fayloga**  
*Combat Correspondent*

The Base Chapel is currently looking for good Samaritans to volunteer an afternoon of their time at the Institute for Human Services in Downtown Honolulu to help feed the homeless Jan. 26.

“Volunteering (to help feed the homeless at IHS) allows the Marines and Sailors the opportunity to relate to the community they live in and to see the needs here,” said Lt. Daniel C.

Owens, protestant chaplain, Base Chapel, Marine Corps Base Hawaii, Kaneohe Bay. “We are kind of separated from the rest of the island by living on base. A lot of times, Marines and Sailors will be surprised to see how many people need the meals.”

Would-be volunteers are asked to meet at the Base Chapel at 2:30 p.m. Jan 26. Owens requests that volunteers be at least 12 and wear closed-toe shoes. After gathering at the chapel, volunteers will carpool

over to IHS. If a volunteer doesn’t have a car, Owens urges them to just show up to the carpool and hop into a car.

After arriving at IHS, volunteers will assist in food preparation and the serving of the meal.

The Institute for Human Services has been assisting those in need for nearly 30 years. The facility sleeps up to 250 at the Iwilei Men’s Shelter and 150 women and families – including up to 60 children – at the Ka’aahi Street Shelter. In addition to providing a safe place to rest, IHS serves 6,300 to 7,000 meals weekly.

“Our principal job is being a broker, a switchboard, and an advocate for street people – or anyone in trouble,” wrote the founder of IHS, the late Rev. Claude Du Teil, of the shelters.

“If it’s a place to stay, we find temporary shelter. If it’s hunger, we feed them. If it’s the need of a job, we try to find one. If it’s identification or the need to go back to where they came from, we try to expedite that.

“Our business is cutting red tape in various agencies to get things done. There is no other agency in this town that does all those things. There are no obligations or fees here. Our only purpose is to be human and to help.”

The chapel organizes a trip to IHS once a month, usually toward the end of the month, and tries to schedule it on a Friday or Saturday. This month’s visit will see an added bonus as the U.S. Marine Corps Forces, Pacific Band will join the

outreach program to play before dinner.

According to *USA Today* there are close to an estimated 6,000 homeless people in the state of Hawaii.

“As a chapel we try and focus on the homeless situation and try and lend a hand,” said Owens. “Most of the outreach we do in Hawaii is for the homeless.”

The chaplain hopes that by organizing the trips that they can help make a difference.

“I think that outreach is what demonstrates community,” said Jessica Carrigan-Broda, volunteer coordinator. “I really hope we can get some volunteers out to the shelter.

“Even though we live on an island paradise, there are still people living on the beach and struggling to make it. We want to create a community here. It’s one afternoon, and it’s not a big commitment. All you have to do is show up.”

For more information about the trip to IHS or future outreach programs organized by the chaplain call 257-8318.

Coming  
Feb. 24

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